

a base frame having first and second ends;

a footboard fixably coupled to the base frame, approximately at said second end;

a back support having a bottom end pivotally and directly coupled to the base frame approximately at said first end of said base frame;

a hand gripping element; and

a back mattress mounted on said back support opposite the bottom end of said back support;

whereby a user of the apparatus positioned with his back pressed against the back mattress, hands holding said hand gripping element and positioned approximately at or below the user's abdominal area, and feet rested on the footboard unit can push his legs to force a pivotal motion of the back support.

17. (Amended) An exercising apparatus comprising:

a fixed surface for supporting a user's feet; [and]

a pivoting surface for supporting a user's back; and

a hand-gripping element for gripping by the user;

the fixed and pivoting surfaces connected such that a user of the apparatus positioned with his back pressed against the pivoting surface, feet rested against the fixed surface, [and knees bent at an angle greater than 90°] can push against the fixed surface to force a pivotal motion of the pivoting surface, while holding the hand gripping element approximately at or below said user's abdominal area.

21. (Amended) A method of exercise comprising:

providing an exercise apparatus with a fixed surface for receiving a user's feet and a pivoting surface for receiving the user's back;

repeatedly moving the pivoting surface between first and second positions utilizing mainly the user's lower body muscles,

wherein in said first position, the user presses at least one foot against the fixed surface to cause the pivoting surface to turn, placing the user in said second position,

wherein said user's respective knee is bent at a first angle [greater than 90°] in said first position, and extended to a second angle, greater than said first angle in said second position, and

wherein said user's hands are positioned approximately at or below said user's abdominal area in said first and second positions.

23. (Amended) An exercising apparatus comprising:

a base frame having first and second ends,

wherein the first and second ends of the base frame are slidably connected to one another for adjusting the length of said base frame, said base frame further having a transverse bar perpendicularly connected to at least one end of said base frame, whereby the apparatus is freestanding;

a footboard fixably coupled to the base frame, at said second end;

a back support having a bottom end pivotally and directly coupled to said base frame at said first end of said base frame;

a back mattress mounted on said back support opposite said bottom end of said back support, said mattress comprising:

a mattress body; and

a mounting bar longitudinally disposed at a backside of said mattress body and coupled to said back support;

two handgrips perpendicularly extended from the mounting bar of said back mattress at two opposite sides; and

a seat mounted to the apparatus for facilitating the user in positioning his back against the back support;

whereby a user of the apparatus positioned with his back pressed against the back mattress, hands holding said two handgrips and positioned approximately at or below the user's abdominal area, and feet rested on the footboard unit can push his legs to force a pivotal motion of the back support.

26. (Amended) An exercising apparatus comprising:

a base element comprising means for supporting said apparatus wherein said apparatus is freestanding;

a back supporting element comprising means for pivotally securing said back supporting element at one end of said base element, whereby said back supporting element is pivotally moveable with respect to said base element;

a foot supporting element comprising means for fixably securing said foot supporting element to said base element at an end opposite said back supporting element;

a hand gripping element; and

a seat element comprising means for securing said seat element beneath said back supporting element, said seat element facilitating a user of the apparatus in positioning his back against said back supporting element; whereby

the user positioned with his back pressed against said back supporting element, hands holding said hand gripping element and positioned approximately at or below the user's abdominal area, and feet rested on said foot supporting element can push his legs to force a pivotal motion of said back supporting element.

27. (Amended) An exercising apparatus comprising:

base supporting means including means for supporting the apparatus wherein the apparatus is freestanding;

back supporting means comprising means for pivotally securing said back supporting means at one end of said base supporting means, whereby said back supporting means is pivotally moveable with respect to said base supporting means;

foot supporting means comprising means for securing said foot supporting means to said base supporting means at an end opposite said back supporting means;

hand gripping means including means for securing said hand gripping means to said apparatus; and

seating means including means for securing said seating means beneath said back supporting means, said seating means facilitating a user of the apparatus in positioning his back against said back supporting means; whereby